

<b>NUTRITION SERVICES DIVISION MANAGEMENT BULLETIN</b>		<b>No. 01-800</b>
<b>TO:</b>	Child and Adult Care Food Program Sponsors Adult Day Care Component	<b>ISSUE DATE:</b> April 2001
<b>ATTENTION:</b>	Food Services Directors, Food Program Authorized Representatives, Consulting Dietitians, Center Directors, and Food Service Vendors	
<b>SUBJECT:</b>	Yogurt and Cheese Substitutes in the Adult Meal Pattern	
<b>REFERENCE:</b>	USDA APB CAC-01-03; APB 89-18 Adult Day Care Operational Memorandum #5	

This Management Bulletin clarifies the use of yogurt and cheese in the adult meal pattern under the Child and Adult Care Food Program (CACFP). The current United States Department of Agriculture (USDA) regulations for CACFP inadvertently omitted the footnotes allowing yogurt and cheese as a substitute for certain meals in the adult meal pattern. As a result, USDA recently confirmed that yogurt and cheese may be used a substitute for milk in the adult meal pattern; the footnotes will be corrected in upcoming rulemaking.

### **How to Use Yogurt and Cheese in the Adult Meal Pattern**

Yogurt or cheese can be used as a substitute for milk in any meal or snack as long as fluid milk is included in one other meal or snack on the same day. It is not necessary that the fluid milk be served at a reimbursable meal as long as the sponsor documents that the milk is served on the same day.

Use yogurt or cheese in the quantities listed below to meet the meal pattern requirements for the milk or the meat/meat alternate component groups.

#### **Milk Component Group**

An eight-ounce serving of fluid milk can be substituted with:

- One cup (8 fluid oz.) of yogurt, or
- One and one-half ounces of natural cheese, or
- Two ounces of processed cheese.

#### **Meat/Meat Alternate Component Group**

A one-ounce serving of meat/meat alternate is equal to:

- One-half cup of yogurt, or
- One ounce of natural cheese, processed cheese, or cheese substitute, or
- Two ounces of cheese food/spread substitute.

Cheese or yogurt cannot be credited for both the milk and meat/meat alternate component groups at the same time. However, if both yogurt and cheese are offered within the same meal, one can be used to satisfy the milk component group and the other to meet the meat/meat alternate component group.

If you have any questions, please contact Kelley Knapp, Nutrition Education Specialist, at (916) 445-6774, (800) 952-5609, or [kknapp@cde.ca.gov](mailto:kknapp@cde.ca.gov).

Attachment: CACFP Adult Meal Pattern

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